

2017 FALL CHAMPION TRAINING

Alpha Wrestling Academy Pre-Season

September 5th thru October 29th

The pre-season training program used by the coaching staff at Alpha Academy has prepared numerous IHSA / IKWF Champions for the rigors of battle.

The Champion Training will teach:

- ✓ Proper Nutrition
- ✓ High level Technique
- ✓ Mental Preparedness for matches and practice
- ✓ Goal Setting

Days: **Tuesdays, Thursdays** Time: **6pm – 7:30**
Sundays Time: **3pm – 4:30**

Cost: (must have a current 2018 USAW card)

- **Full Program:**
\$85/person
- **Family & Team Discounts (Full Program Only):**
Please call or email the contact info below for details
- **Fall Athlete Special – Sundays Only - \$35**

3 Ways to Register:

1. Click on link and complete form and submit [2017 Online Spring/Fall Registration](#)
2. Go to www.alphawrestling.com and click on register for Champions Preseason
3. Mail [Printable registration form](#) to P.O. Box 6533 – Rockford, Illinois – 61125

ALL PARTICIPANTS MUST COMPLETE AND TURN IN [Must Sign Waiver](#) BEFORE

THEY MAY PARTICIPATE IN PRACTICE!!

Questions?? Call 815-703-5780 or email wrestling@alphawrestling.com